

## Health Care Quality & Safety

When selecting a new healthcare provider, hospital, surgery center, or even nursing home, do you ever wonder about the facility's quality and safety factors? Whether you are looking for a new Primary Care Provider, a specialist, or are going to a hospital for critical care, labor and delivery, or a pre-planned procedure, the Statewide Benefits Office wants you to rest assured that you are getting the quality of care you and your family deserve. Here are some areas you should research when choosing a provider or facility:



- Patient experience
- Provider and facility ratings
- Infection rates and surgical errors

You can find information about ratings, comparisons, credentials, health grades, and more for doctors, hospitals, surgery centers, and nursing homes on the [Compare Doctors & Hospitals](#) page of the SBO website.

## National Diabetes Awareness Month

November is National Diabetes Awareness Month. Prevention and management are important areas of focus for the State Employee Benefits Committee (SEBC). In Fiscal Year 2021, nearly 1 in 7 State of Delaware non-Medicare Group Health Insurance Plan (GHIP) members had an episode of treatment for diabetes or an indication of prediabetes. These services cost over \$120.8 million dollars which represents over 16.1% of total healthcare expenditures.

Prolonged levels of high blood sugar can cause serious damage to organ systems and can be life threatening. The good news is type 1 and type 2 diabetes are treatable. The State of Delaware offers several programs to assist you with preventing or managing diabetes. Visit the [Diabetes Resources](#) page to view helpful information.

## Do You Know Where to Go?

The State of Delaware wants you to get the *best value* out of your benefits by choosing the right care! This includes understanding your care options, where to go for services, how much services cost, and making informed decisions to ensure you and your family receive the high-quality, safe, and affordable care you deserve. Making informed decisions regarding your care is an important step to help control rising healthcare costs and to maintain high-quality, affordable benefit options. Test your knowledge:

1. You wake up Sunday morning and cannot see a thing. Your eye is pink and crusty. Where should you go?
  - A. The ER! This is surely an emergency.
  - B. Urgent Care or Walk-In Clinic
  - C. Telemedicine visit
2. You are at your Primary Care Provider's (PCP) office. Your PCP orders blood tests and lets you know that there is a lab in the office building that can perform the tests today.
  - A. You use the lab in the office building, because your PCP mentioned it.
  - B. You skip the lab work since you hate needles!
  - C. You remember that you can save money by having your lab work services completed at LabCorp or Quest Diagnostics, so you check to see which lab is in your PCP's office building before getting the bloodwork done.

For more information, check out [Choosing the Right Care](#).  
(See page 2 for the answers)

## State Employee Benefits Committee (SEBC) Corner

The SEBC is projecting a shortfall in the Group Health Insurance Plan (GHIP) fund for Fiscal Year 2024. Over the next several months, the SEBC will review and discuss options to solve for this deficit. Decisions could impact the cost and services in the non-Medicare health plans beginning July 1, 2023. Any changes will be communicated to benefit-eligible employees in the 2023 annual Open Enrollment information.

Meetings for the SEBC and its Subcommittees are open to the public and include opportunity for public comment. Visit the [SEBC page](#) for meeting information and more.

## Lung Cancer Awareness Month

November is Lung Cancer Awareness month. In the U.S., lung cancer is the third most common cancer and more people die from lung cancer than any other type of cancer. As with many other forms of cancer, some patients develop symptoms early, while others may not show symptoms until the disease has progressed. If you currently smoke, or have in the past, it is recommended that you get screened. The Statewide Benefits Office has several resources to help you, or a family member, quit smoking or provide support with a cancer diagnosis. To learn more, visit the [Cancer Resources](#) page.



### Upcoming Webinars

**Aetna** offers monthly [webinars](#) that employees, pensioners, and their family members can attend, regardless of enrollment in a State health plan. There is no need to register, simply click a link below to attend.

- Diabetes - [November 9 @ 5 pm](#)
- Exercise as You Age - [November 22 @ 12 pm](#)

**Delta Dental** offers [webinars](#) addressing good oral health that employees, pensioners, and their family members can attend, regardless of enrollment in a Delta Dental plan.

The Aetna and Delta Dental webinars above will be recorded and posted to the website if you are unable to attend.

**Advisor Connection** will be holding a Retirement Saving Seminar on two different days. View the Advisor Connection [flyer](#) to learn more about the events and register for the date and time that works best for you.



### Tuscan Bean Soup

#### **Ingredients:**

- 3 tablespoons olive oil
- 2 medium carrots, thickly sliced
- 1 large onion, coarsely chopped
- 1 stalk celery, coarsely chopped
- 1 clove garlic, finely chopped
- 3 sprigs fresh oregano
- ¼ teaspoon salt
- Black pepper to taste
- 2 cans (15 ounces each) cannellini beans, drained, and rinsed
- 5 cups chicken or vegetable stock
- 4 cups baby spinach, stems removed

#### **Directions:**

1. In a pot, heat olive oil.
2. Add carrots, onion, celery, garlic, oregano, salt and pepper to hot oil. Cook for 10 minutes, stirring often, until vegetables look softened.
3. On a plate, mash half of the beans, then add them to the vegetables. Cook, stirring, for 2 minutes.
4. Add remaining beans to pot and stir well.
5. Stir in chicken or vegetable stock and bring to boil.
6. Lower heat, partially cover with lid and simmer for 20 minutes.
7. Discard oregano sprigs.
8. Add additional salt and pepper to taste.
9. Mix in spinach and simmer for another 2 minutes.

[Recipe from Delta Dental](#)

### Do You Know Where to Go?

#### **Answers:**

1. B & C are correct. You can either use Telemedicine or go to an Urgent Care facility. If you choose to go to the ER, you will have a much higher copay or coinsurance!
2. C is correct. You can save money by having your lab work services completed at LabCorp or Quest Diagnostics.

**Hidden Treasures:** Go to the State Employee Benefits Committee (SEBC) page on SBO's website. Locate the "Learn about the SEBC." Identify one fact about the SEBC. Send your answer to [sbo.communications@delaware.gov](mailto:sbo.communications@delaware.gov) (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Susan B. from Dept. of Health and Social Services!